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Review Article

ETHNOMEDICINAL OVERVIEW OF *SESAMUM INDICUM (TILA)* AS DESCRIBED IN THE BRIHATRAYEES

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ABSTRACT

Sesamum indicum (*Tila*) is a revered oilseed plant extensively used in the Ayurvedic system of medicine since ancient times. Its reference dates back to the Vedic era, where it was commonly used in sacrificial rituals, religious offerings, and as a dietary and therapeutic substance. Classical Ayurvedic literature, as well as other ancient Indian texts, have documented the medicinal applications of *Tila* for a variety of human health conditions. The present review aims to compile the therapeutic uses of this significant medicinal plant as described in the *Brihatrayee*-the three foundational texts of Ayurveda: *Caraka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. The study reveals that various parts of *Sesamum indicum*, especially its oil (*Tila tailam*), seeds, and paste, are frequently mentioned for their health-promoting properties. These include applications in skin care, wound healing, strengthening of bones and teeth, enhancing vitality, and managing disorders of *Vata* and *Pitta doshas*. The review underscores a substantial potential for further pharmacological and clinical research to validate and integrate these classical uses into contemporary Ayurvedic practice.

INTRODUCTION

Sesamum indicum L. is an annual plant, which has been domesticated for well over 5000 years. It is widely cultivated for its seeds and is one of the oldest known oilseed crops.[1] *Sesamum indicum* L. belongs to the family Pedaliaceae and is thought as the oldest oilseed used by human beings, and it is commonly known as sesame.[2] The basonym of the word is like sesamum has come from the Greek name of the plant that is '*Sesamon*' and indicum says '*of India*' and the Ayurvedic name *Tila* has come from '*Tilathisnighdankarothi*' which means that which makes *Snighdata* (unctuousness) in the body is *Tila.*[3]

Sesamum indicum is an erect, multi-stemmed, stout, and aromatic herb native to the tropics, including regions of Africa, Asia, and India. It possesses a strong, tapering taproot system and bears flowers in small fascicles located in the upper leaf axils. The corolla is campanulate and ranges in colour from white to pale purple.

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Its fruit is an oblong-quadrangular, hairy capsule that dehisces loculicidal and ends in a short, triangular beak at the apex, often emitting a putrid smell.[4]

In traditional Hindu rituals, sesame seeds are offered to ancestors, believed to remove sins and ensure spiritual benefits. In the Vedic literature, particularly in the *Atharva Veda*, *Tila* is mentioned as a sacred substance used in rituals and oblations (*Yajnas*), symbolizing purity and longevity.[5] Traditionally, its seeds, seed oil, and different organs of the plant have been used to treat various diseases or conditions like ulcers, asthma, wound healing, amenorrhea, haemorrhoids, inflammations, etc.[6] *Tila* is having *Madhura rasa*, *Kashaya* and *Tikta anurasa*; *Guru snigdha guna*; *Ushna virya* and *Madura vipaka*[7]. This study seeks to examine the various therapeutic uses along with its references outlined in the ancient Ayurvedic scriptures, including the *Caraka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*.

MATERIALS AND METHODS

References of *Tila* in *Brihatrayee* was obtained after screening classical textbook of *Charaka, Sushruta* and *Vagbhata.*

Table 1: References of *Tila* in *Charaka*[8]

References	Context	Indication	*Kalpana*
Ch.Su 2/28 Ch.Su 2/25	*Ashtavimshathi yavagu* (20 types of gruel preparation)	Evacuates bowel	*Yavagu*
	Ashtavimshathi yavagu (*Snehaneeya yavagu)*	*Snehana karma*	*Yavagu*
Ch.Su 3/14	*Churna* for *Pradeha*	*Kushta* (skin disease including leprosy)	*Churna*
Ch Su 4/22 Ch Su 4/32	*Mahakashayam*	*Swethopaka mahakashayam*	*Kashayam* or in suitable form as per *Yukthi* of the doctor
	Mahakashayam	*Pureeshavirajaneeya*	*Kashayam* or in suitable form as per *Yukthi* of the doctor
Ch Su 5/5	Types of *Ahara* based on the quality	Enlisted among *Guru aharas*	----
Ch Su 8/27	Practices of fire worship	Should not offer *Tila* to fire in impure condition	----
Ch Su 13/10 Ch Su 13/23 Ch Su 13/85	Types of *Sthavara sneha*	*Snehanam*	*Tailam*
	Pravicharana sneha	One among the 24 types	*Pishta* (pastry preparation)
	Pravicharana sneha	Method of *Pravicharana sneha*	*Krisara* (gruel type), *Phanta* (preparation from sugar cane), *Kambalika* (sour milk mixed with whey and vinegar)
Ch Su 14/29 Ch Su 14/24	*Nadi sweda*	*Kevala vata*	*Kashayam*
	Pinda sweda	*Vata vyadhi*	*Kalkam*
Ch Su 15/7	General requirements in a hospital	Useful in and after treatment	----
Ch Su 17/27	*Krimija shiroroga*	Cause for *Krimija shiroroga*	Intake in any form
Ch Su 24/4	Detailing of *Shonitha* (blood)	Causes for vitiation of blood	Intake in any form
Ch Su 26/84	*Virudhahara*	----	Should not be consumed in any form with *Mamsa*
Ch Su 27/30 Ch Su 27/108 Ch Su 27/260	*Samidhanya* (various pulses)	Qualities of *Tila*	----
	Shaaka varga (various vegetables)	Properties of *Tila* as a vegetable	----
	Rice preparations	*Bhalya* (strength promoting), *Tharpanam* (nourishing, refreshing), *Hridya* (pleasing) and *Guru* (heavy)	----
Ch N 3/12	*Gulma nidana*	*Nidana* for increase of *Kapha* and *Vata* leading to *Gulma*	Intake in any form
Ch N 4/4	*Prameha nidana*	*Nidana* to increase *Kapha* leading to *Prameha*	Intake in any form
Ch V 7/12	*Slesmaja krimi*	Cause for *Slesmaja krimi*	Intake in any form

Ch V 7/13	Treatment of *krimi*	To arouse the parasite and impelling them to mitigate to alimentary canal	Intake in any form
Ch Sa 8/29	*Garbhini chikitsa*	Treatment for diseases of 8th month	*Niruha basti*
Ch Chi 1:2/3 Ch Chi 1:4/17 CC 2:3/17	Importance of *Rasayanam*	Reason for all *Shareeradosa prakopa*	*Churna* or *Achurnitha (Palalam).*
	Indroktha rasayanam	*Sarvaroga prashamanam*	*Lehya*
	Vajikaranam (Vrsya pupalika)	*Vajikaranartha*	*Pupalika*
Ch Chi 3/267	*Jwaradhikara (Aguruvadi tailam)*	*Sheetha jwara prashamanartham*	*Tailam*
Ch Chi 5/140 Ch Chi 5/91	*Kaphaja gulma*	Surgical removal of *Gulma*	Paste
	Nagaradi churnam	*Vataja gulma, Udawarta* and *Yonishoola*	*kalka*
Ch Chi 7/7	*Kushta chikitsa*	*Nidana* for *Kushta*	In any form
Ch Chi 12/20	*Svayathu chikitsa*	*Apathya* for *Svayathu*	In any form
Ch Chi 13/66 Ch Chi 13/170	*Vatodara chikitsa*	*Anubasana basti*	*Anuvasana tailam*
	Udakodara chikitsa	*Tila naala*	*Churnam*
Ch Chi 14/9	*Arshas*	*Nidanam* (causative factor for *Arshas*)	In any form
Ch Chi 16/9	*Pandu*	*Nidanam* (causative factor for *Pandu*)	In any form
Ch Chi 17/14	*Hikka swasa*	*Nidanam* (causative factor for *Hikka* and *Swasa*)	In any form
Ch chi 18/101	*Kaphaja kasa*	*Chikitsa* for *Kaphaja kasa*	Meat fried in *Tila taila*
Ch Chi 19/34 Ch Chi 19/34	*Pravahika*	Treatment for *Pravahika*	*Kalka*
	Atisara	*Varcha ksaya* (scanty formation of stool)	*Yusa* (soup prepared of cereals and pulses)
Ch Chi 21/19	*Visarpa*	*Nidana* for *Visarpa*	In any forms
Ch Chi 25/78 Ch Chi 25/75 Ch Chi 25/87	*Vruna chikitsa*	Relives burning sensation and pain in ulcers	*Kalka*
	Vruna chikitsa *Ashudha vruna* (ulcer)	*Sodhanartha*	*Kalka*
	Vruna chikitsa *Shudha vruna* (ulcer)	*Ropanartha*	*Pralepa*
Ch Chi 26/155	*Kaphaja peenasa*	Treatment of *Kaphaja peenasa*	*Yavagu*
Ch Chi 28/114 Ch Chi 28/188	*Upanaha* for *Hanu graha*	For external application	*Utkarika* (pan cake), *Vesavara* (meat preparation with spices)
	Avarna vata (Vata by *Kapha)*	To treat *Vata avritha kapha*	*Tailam*
Ch Chi 29/136	*Vataraktha* with predominance of *Vata dosha*	*Rujapaha* (relives pain)	*Lepa*
Ch Chi 30/47 Ch Chi 30/87	*Vataja yoni vyapath*	Decreases *Vata*	*Odhana*
	Treatment for *Rakthaja yoni vyapath*	*Vata asrig nasanam*	Potion

Ch Ka 1/14 Ch Ka 1/22	*Vamana vidhi*	For excitation of *Kapha*	In any form
	Madana pippali	Preparation of *Madana phala* in form of *Saskuli*	Paste
Ch Ka 8/41	*Kalyanaka guda*	*Mandagni* (decrease in *Agni*), *Jwara* (fever), *Murcha* (fainting), *Mutrakrucha* (dysuria), *Arochaka* (anorexia), *Aswapna* (insomnia), *Gatrashula* (body ache), Kasa (cough), *Shwasa* (asthma), *Bhrama* (giddiness), *Kshaya* (consumption), *Kustha* (skin disease), *Kamala* (jaundice), *Moha* (urinary disease including diabetics), *Gulma* (phantom tumor), *Bhagandara* (fistula), *Grahani* (sprue syndrome), *Panduroga* (anemia)	*Modaka*
Ch Ka 11/10	Recipes with *Saptala* and *Sankini*	Purgation	Potion
Ch S 6/55	*Atiyoga* of *Vamana*, for protrusion of tongue	Maintains the normal position of tongue	Application over tongue

Table 2: References of *Tila* in *Ashtanga Hridaya*[9]

S.No	References	Context	Indication	*Kalpana*
1.	A.H.S.6/35 A.H.S.6/75	*Mamsa rasa*	Causes *Glapana* (fatigue) is *Guru* (heavy) and vitiates *Tridosha*	*Tila vikruthi* and *Pinyaka* (oil cake)
		Saka varga (vegetable)	*Grahi* and decreases *Kapha* and *Pitta*	*Tila vikruthi* and *Pinyaka* (oil cake)
2.	A.H.S.7/41	*Virudha ahara*	Cause diarrhea	*Upodhika* (red spinach, *Basella rubra*) with *Tila kalaka*
3.	A.H.S.16/40 A.H.S.16/43	*Snehana*	*Sadhyo snehana*	*Churna*
		Contra indications of *Snehana* in skin disease	Contraindicated	In any form
4.	A.H.S 22/5	*Gandusa*	*Dantaharsha* (loose teeth) *Dantha chala* (sensitivity of teeth) *Mugha roga* (diseases of oral cavity)	Lukewarm water mixed with the paste of *Tila*
5.	A.H.S.29/26	*Sastra karma* (dressing specification after incision)	*Vruna ropana*	*Varti*
6.	A.H.S.30/33	*Kshara daha*	Healing of ulcer	Paste
7.	A.H.Sa.4/62	Measurements of *Marma*	Equivalent to *Tila*	----
8.	A.H.Sa 2/18	*Lina Garbha*	Improve the growth of the fetus	Paste application over waist
9.	A.H.Ni 8/2a	*Atisara nidanam*	Causes *Atisara*	*Pishti* of *Tila (*pudding)
10.	A.H.Ni 14/44	*Bahya Kushta*	Resembles *Tila*	------

11.	A.H. Ci 3/43	*Kaphaja kasa*	Diet after *Snehana* in *Kaphaja kasa*	Soup with *Mamsa*
12.	A.H.Ci 6/77	*Chikitsa* for *Trisna* due to exposure to *Athapa* (sun)	*Mantha* relieves the condition	Paste
13.	A.H.Ci 8/117	*Pathya* for *Raktha Arsha*	Cure bleeding piles	Paste
14.	A.H.Ci 9/20 A.H.Ci.9/24	*Pakvatisara chikitsa*	Relieves hard stools	*Tailam*
		Pravahika chikitsa	Cures *Pravahika*	*Khala* (buttermilk boiled with spices)
15.	A.H.Ci 12/12	*Prameha chikitsa*	*Pathya* for *Premeha*	*Tila kitta* (oil cake)
16.	A.H.Ci 13/2 A.H.Ci 13/4 A.H.Ci 13/5	*Vataja vidradhi chikitsa*	For *Ropana*	*Kashaya* for washing
		Pittaja vidradhi chikitsa	*Ropanartha*	*Kashayam* for *kshalana*
		Vataja vidradhi chikitsa	For *Ropana*	Kashaya for washing
17.	A.H.Ci 14/87 A.H.Ci 14/120	*Gulma chikitsa*	Healing of tumour after surgery	*Kalka* for *lepa*
		Raktha gulma	To reduce pain and *Raktha gulma* in a lady whose menstruation has stopped	*Kashayam*
18.	A.H.Ci 15/45 A.H.ci 15/96	*Udara chikitsa*	*Vataja udara, Parshwa shola, Sthamba* and *Hridgragha*	*Kasara* of *Tila nala*
		Udara chikitsa	Cures enlargement of spleen caused due to *Kapha* and *Vata*	*Kasara* of *Tila nala*
19.	A.H.Ci 16/45	*Ruddhapada kamala*	Stools will be the colour of *Tila kalka*	-----
20.	A.H.Ci.19/27 A.H.Chi 19/47	*Kushta chikitsa*	*Pathya* for *Kushta*	In any form
		Kushta chikitsa	Cures *Kushta*	*Vati*
21.	A.H.Ci 22/30 A.H.Ci 22/57	*Vataraktha chikitsa*	*Shoolakna* (cures pain)	*Upanaha*
		Vataraktha with *Vata* predominance	*Pathya*	*Pathya ahara*
22.	A.H.K.2/18	*Kalyanaka guda*	*Mandagni* (decrease in *Agni*), *Jwara* (fever), *Murcha* (fainting), *Mutrakrucha* (dysuria), *Arochaka* (anorexia), *Aswapna* (insomnia), *Gatrashula* (body ache), *Kasa* (cough), *Shwasa* (asthma), *Bhrama* (giddiness), *Kshaya* (consumption), *Kustha* (skin disease), *Kamala* (jaundice), *Moha* (urinary disease including diabetics), *Gulma* (phantom tumor), *Bhagandara* (fistula), *Grahani* (sprue syndrome), *Panduroga* (anemia)	*Lehya*
23.	A.H.K.3/30	*Atiyoga* of *vamana*	To cure the protruded tongue	*Lepa*

24.	A.H.U 4/42	*Pitr graha justa purusa* (one who is afflicted with *Pitr graha*)	Wish to take *Tila*	-----
25.	A.H.U 13/46	*Timira chikitsa*	*Drishti balam* (to improve eye sight)	*Taila* for *Nasya*
26.	A.H.U 18/38	*Karna roga chikitsa*	Cures *Pali shosha* (deformity in pinna)	*Taila*
27.	A.H.U 22/14 A.H.U 22/65	*Mukharoga chikitsa*	Cures *Dantaharsa* and *Dhantabheda*	*Gandusha*
		Mukharoga chikitsa	Cures *Galaganda*	*Upanaha*
28.	A.H.U 24/31 A.H.U 24/31	*Indralupta chikitsa*, indicated after *Shiravedana*	Cures *Indraluptha*	Flower
		Palitya	Cures *Palithya*	Seeds used for making *Tailam*
29.	A.H.U.25/35	*Vrina chikitsa*	Reduces swelling	*Upanaha*
30.	A.H.U 25/42 A.H.U 25/48 A.H.U 25/56 A.H.U 25/39	*Vrina chikitsa*	*Vrinashodhanam*	*Lepa*
		Vrina chikitsa	To elevate the *Vrina*	*Utsathanam*
		Vrina chikitsa	Heals the *Vrina* quickly	*Lepa*
		Gandha tailam	Cures diseases related to bone which is caused due to *Vata* and *pitta* even though it is spread over whole body	*Tailam*
31.	A.H.U 30/6 A.H.U 30/33 A.H.U 30/34 A.H.U 30/34 A.H.U 30/35	*Medhoja granthi*	Cures *Medoja granthi*	*Kalka* for *Lepa*
		Nadi vrana chikitsa	Cures sinus ulcers	*Upanaha*
		Nadi vrana chikitsa	Reduces the excessive *Pitta* symptoms	*Kalka*
		Nadi vrana chikitsa	Good for *Kaphaja nadi vrina* symptoms also	*Kalka*
		Nadi vrana	*Ropanartha*	*Lepa*
32.	A.H.U 34/2	*Upadamsa chikitsa*	*Ropana* after surgery	*Kalka*
33.	A.H.U 35/63	*Visha chikitsa*	Increases the effect of *Visha*	*Tila pushpa*
34.	A.H.U 38/30	*Visha chikitsa*	*Mushika visha*	Paste
35.	A.H.U 39/78 A.H.U 39/86 A.H.U 39/109 A.H.U 39/158 A.H.U 39/160	*Rasayana chikitsa, Bhallathaka rasayanam*	Cures *Kushta*	Paste
		Rasayanadikara, Tuvaraka rasayanam	*Sarva kushta vinashanam*	Extract like *tila*
		Rasayanam	Cures *Kushta* which is spread all over the body and gets complexion like moon light	Paste
		Rasayanam	Well-nourished body and teeth become	Paste

			firm until death	
		Rasayanam	Beautiful like peacock	Paste

Table 3: References from Sushrutha[10]

S.No	References	Context	Indication	*Kalpana*
1.	S.S 5/17	Post operative wound care	Cleansing of wound	Paste
2.	S.S 11/11	*Kshara* preparation	----	Faggots
	S.S 11/22	*Kshara* preparation	Wound healing	*Kalka*
3.	S.S 16/6 S.S 16/25	Treatment for complication of improper *Karnavyadhana* (piercing of ear)	Heals the ulcer	*Kalka*
		Karnavyadhana	Increases the growth of ear lobe	Paste to be rubbed on ear lobe
4.	S.S 19/17	*Apathya* for *Vrana* (wound)	-----	In any form is contraindicated
5.	S.S 20/13 S.S 20/14	*Viruddha* (incompatible food combination)	-----	*Samyoga viruddha* (*Saskuli* prepared from *Tila* and *Souvira*)
		Karma viruddha	-----	*Karma viruddha* (*Upodika saka* cooked with *Tila kalka*)
6.	S.S 21/21	*Vrana prasanam* (examination of wound)	*Pitta prakopaka ahara*	*Tila tilam*
7.	S.S 21/3	*Vrana prasanam* (examination of wound)	*Kapha prakopaka ahara*	*Yavagu*
8.	S.S 22/9	*Vrana srava*	*Vrana srava* in *Kaphaja vrana* has colour resembling *Tila*	----
9.	S.S 29/38	Dreams as a favorable or unfavorable features in disease	*Vaidhya* going out to consult patient entering the patients house sees someone eating *Tila* is inauspicious.	-----
10.	S.S 37/9	Method to ripen *Tila* seeds	Add it with warm drugs like *Agaru (Acquillaria agollocha), Kustha (sausurea lappa)* etc.	---
11.	S.S 43/4	*Vamana dravya vijanam*	Administration of *Madana phala*	*Yavagu*
12.	S.S 44/74	Extraction of *Chaturangula* oil	*Virechanartha*	
13.	S.S 46/294	*Annapana vidhi*	Increase *Sarva dosha*	Remnant paste obtained after oil extraction
14.	S.S 46/386	*Annapana vidhi*	Increases *Kapha pitta*	Side dishes
15.	S.S 46/413		Are heavy for digestion, repleting and good for heart	Eatables
16.	S.N 13/42	*Tilakalaka* as the size of *Tila*	-----	-----

17.	S.Ni 2/21	*Anarthavam* (Amenorrhea)	Induces menstruation	Any form
18.	S.Ni 10/57	Management of *Garbha srava*	Reduces weaking of foetus and prevent the death of foetus	Seeds
19.	Su.Chi 1/65	Debrided wound	Increases healing	*Kalka*
20.	Su Chi 2/93	*Pitta dusta vrana*	Does purification	*Kalka* for application
21.	Su Chi 2/94	*kapha dusta vrana*	Does purification	*Kalka* for application
22.	Su Chi 3/58	*Gandha tailam*	Increases the strength and expansion of those area affected, makes face fair, lovely like a lotus, gives sweet fragrance in breath. Most potent formulation to treat *Vata*.	*Kalkam*
23.	Su Chi 6/13	*Arshas* (internal hemorrhoid)	Improve digestion	*Kalaka* with cool water
24.	Su Chi 8/14	*Bhagandara* (fistula in ano)	Decreases the discharges from tract	For fomentation
25.	Su Chi 8/21	*Ustragriva chikitsa*	*Ropana* after sloughing flesh cauterization	Paste
26.	Su Chi 9/10	*Kushta chikitsa, Mahakalayanaka Ghritam*	Cures *Kushta*, chronic fever, haemorrhage, heart disease, *Unmada*, *Apasmara, Gulma*, postular eruption, menorrhagia, goitre, scrofula, elephantiasis, jaundice, *Visarpa*, impotency, itches and *Pama*	*Ghritam*
27.	Su Chi 9/62	*Mahavajraka Ghritam*	All types of *Kushta, Gandamala*, fistula-in-ano, sinus and malignant wound	*Ghritam*
28.	Su Chi 10/15	*Kushta chikitsa*	*Sarva kushta*	*Tailam*
29.	Su Chi 13/22	*Kushta chikitsa*	*Tuvaraka Kalpana* (extract *Tuvaraka* like *tila* seeds)	*Tailam*
30.	Su Chi 15/46	*Mudhagarbha chikitsa* (malpresentation of the foetus)	Improves strength	*Tailam*
31.	Su Chi 16/13	*Vidradhi* treatment	Cures *Pittaja vidradhi*	Poultice
32.	Su Chi 16/25	*Vidradhi chikitsa*	Wound healing	Paste
33.	Su Chi 17/18	*Nadi vrina*	Heals the wound of sinus	Paste
34.	Su Chi 17/20	*Pittaja nadi*	Healing after opening the sinus	Paste
35.	Su Chi 17/26	Treatment of *Salyaja nadi*	Wound purification	Paste
36.	Su Chi 18/7	Treatment of *Vataja granthi*	Applied after draining of puss for *Ropanartha*	Paste
37.	Su Chi 18/11	Treatment of *Pittaja granthi*	Applied after draining of puss for *Ropanartha*	Paste
38.	Su Chi 18/17	Treatment of *Medoja granthi*	Applied after draining of puss for *Ropanartha*	Plaster of pasted *Tila*
39.	Su Chi 18/44	Treatment of *Vataja Galaganda*	Applied after draining of puss for *Ropanartha*	Paste

40.	Su Chi 19/38	Treatment of *Kaphaja upadamsa* (diseases of genital organ)	Healing after incision	Plaster of pasted *Tila*
41.	Su Chi 20/15	Treatment of *Vidarika*	To remove suppuration	Plaster with the paste
42.	Su Chi 20/21	Treatment of *Kshudraroga*	Cures *Alasa* and *Kadara*	Plaster of *Tila* paste
43.	Su Chi 25/16	*Misraka chikitsa*	Cure diseases due to *Pitta*	*Tailam*
44.	Su chi 26/16	Treatment for *Klaibya*	*Vajikaranartha* (aphrodisiac)	Powder
45.	Su chi 28/4	*Mandukaparni rasayanam*	Ensures life for 100 years in full enjoyment of his intellectual faculties	Seeds
46.	Su Chi 28/14	*Prathama Suvarna Rasayanam*	Favourable turn to one's future	seeds
47.	Su Chi 29/11	*Soma rasayanam*	*Rasayanam*	Paste
48.	Su Chi 31/4	Types of *Sneha*	Oil from vegetable origin	*Tailam*
49.	Su Chi 31/41	*Sadhyo Sneha*	Immediate oleation	*Pishti* (bolus)
50.	Su Chi 34/12	*Jivadhana* due to *vamana atiyoga*	Cures the excessive protrusion of tongue	Paste
51.	Su Chi 34/16	*Vamana virechana ati yoga*	Cures *Parikarthika* (cutting pain in anus)	Paste
52.	Su Chi 34/16	*Piccha Basti*	Cures *Parikarthika* (cutting pain in anus)	Paste
53.	Su Chi 40/18	*Dhumapana vidhi* (method of smoking)	*Vamaniya dhuma* to be taken after eating *Tila tandula yavagu*	*Yavagu* made of *Tila tandula*

RESULTS AND DISCUSSION

All most all part of plant has therapeutical action in the body. With the *Rasa panchaka tila* is *Vatashamaka* as it has *Madhura rasa, Guru snigdha guna* and *Ushna virya*. And due to *Ushna veerya* it is *Pitta* and *Medhovardhaka*. References also shows that *Tila* has action on *Dhathu* level as it is indicated in many of the diseases. *Tila* is *Ashtidhatuposhaka* as it has action of *Dantya* and also useful in *Bhagna* and it is the main ingredient of *Gandha tilam*. *Tila* is *Medhya* as it has action of *Majjadhatuposhanam*[11] and also has *Rasayana* effect. *Tila* has *Shukravardhana, Streeshukravardhana, Rajovardhaka* as the drug has *Madhura rasa, Snigdha guna. Tila* also has action on *Mala* like *Purishavirajaniya*[12], *Grahi*[13], *Alpamutrakara* because of its *Tikta rasa* and *Swedakara* as it is *Ushna Gunatmaka* and is hence used for *Upanaha*. In classical Ayurvedic *Samhitas* also *Tila* is indicated for *Vatahara* and hence is useful in many diseases like *Shoola, Atisara, Bhangadara, Vrana, Khalitya, Palitya, Dantadourbalya, Aarshas, Udararoga, Rakta gulma, Anartava.*

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